**CAN'T HOLD THEM BACK**
PUBLIC ENEMY STILL AT IT {page 14}

**COMFORT FOOD AT LUNCH RUSH**
BANK STREET EATERY QUITE CHEESY {page 26}

# PREGO
## HOMETOWN GIRL ALANIS EXPECTING {page 3}

OTTAWA metro®
Thursday, August 12, 2010
www.metronews.ca
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**Lunchtime.** V-ball

▶ Sébastien Rousseau jumps for the ball during a lunch-hour game downtown yesterday.

TRACEY TONG/METRO OTTAWA

## A spike in beautiful, warm weather

**A group of Health Canada employees took advantage of the sun in Confederation Park with a few games of volleyball yesterday. Ottawa enjoyed sunny weather and balmy temperatures yesterday, with more to come today.**

### Census saga continues

Tories announce minor changes to form {page 6}

### Last Canadian eliminated

Rogers Cup tennis now a foreign affair {page 28}

# Former priest, 79, charged

**Charge stems from alleged indecent assault incident 38 years ago Kenneth O'Keefe the second priest who taught at St. Pius X to be charged in the last month**

A 79-year-old former priest and teacher at St. Pius X High School will be in an Ottawa courtroom on Sept. 1 after being charged with one count of indecent assault.

Kenneth O'Keefe, now living in Toronto, was arrested yesterday.

The charges stem from a complaint of inappropriate contact between a Roman Catholic priest and a teenage male in 1972.

The name of the complainant is subject to a publication ban.

O'Keefe appeared briefly in court yesterday and was released with conditions.

He will stay in Toronto with a member of his religious community.

He appeared to have difficulty walking on his own and broke down in tears after being released from custody.

In early July, former high school teacher William Joseph Allen was charged with three counts of indecent assault.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

▶ Kenneth O'Keefe.

**"I want to assure the community of St. Pius X of my pastoral concern and personal support. The teachers, staff, students and families — past and present — have been rightly proud of the quality of Catholic education that has been offered at the school."**
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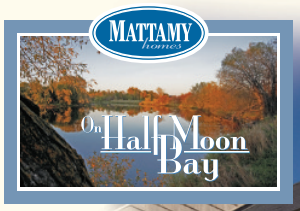

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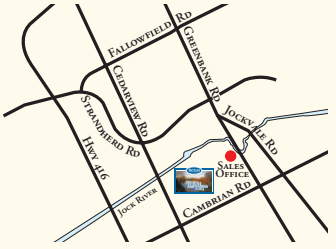

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# Something for all at SuperEX

Nothing says summer like SuperEX. And this year, there's something to appeal to everyone, a SuperEX spokeswoman said.

"It's the best thing that happens towards the end of summer," said Rebecca Crow.

In its 122nd year, SuperEX runs at Lansdowne Park from Aug. 19 to 29.

New this year is a Canadian pioneer gathering on site for the 11-day run.

"They will live, work, eat and sleep here in period costumes from the 1740s to the 1800s," Crow said.

A professional FMX and BMX team will perform high flying stunts, said Crow, "and there's a demolition derby on the last day, which is totally awesome."

The free concert series returns with Helix, Honeymoon Suite, Jason Blaine, Irish Descendents, Classified, 5 Man Electrical Band and more. For fans of standup, there's also an Absolute Comedy night, Crow said.

Other highlights include the Savage Theatre, the third annual Texas Hold 'Em tournament, the country pavilion with its 4H competitions, a horse whisperer, an apple pie contest, and demonstrations by the Spring Action trampoline and circus school. SuperEX is offering free admission on opening day. TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ Gatineau-based circus acrobats Charles Gareau, left, and David Paquette, of Les Circ-U-L'air, will be performing stunts, juggling routines and a Fire Poi show at SuperEX.

# You oughta know: Alanis expecting

## Ottawa singer tells Us Magazine she's pregnant by rapper husband Mario Treadway

Alanis Morissette and new husband Mario Treadway are expecting a baby.

The Ottawa singer announced the news via Twitter after discussing the pregnancy in Us magazine.

"yes, happy news....i'm pregnant :)," Morissette wrote on the social networking site yesterday morning.

"we're so excited to start our family.... xo a."

Morissette married Treadway, who performs as a singer and rapper under the name Souleye, in May.

The 36-year-old Morissette has sold more than 60 million albums and has won seven Grammy Awards and 12 Junos.

She's recently pursued an acting career with appearances on the TV shows Sex and the City and Weeds. THE CANADIAN PRESS

**Alanis**

**Alanis Morrisette was born in Ottawa on June 1, 1974.**

- **Pop career** Her worldwide debut album, Jagged Little Pill, is the highest-selling debut album worldwide, with 30 million units.
- **Rock success** Other albums include Supposed Former Infatuation Junkie, Under Rug Swept and Flavors of Entanglement.
- **Early life** Morissette is a graduate of Glebe Collegiate Institute, where her rendition of the national anthem was played every morning.

**30M** Number of Jagged Little Pill albums sold worldwide.

THE CANADIAN PRESS FILE PHOTO

▶ Singer Alanis Morissette poses at a rehearsal studio in Burbank, Calif., in 2008. Morissette has told Us magazine that she's pregnant. In an item posted yesterday on the magazine's website, the singer reveals 25 things that people don't know about her.

# Police investigating shots fired around Ritchie Street area

Ottawa police are investigating a shooting that occurred in the Ritchie Street area late Tuesday night.

At approximately 11:33 p.m., information was received that gunshots were heard in the area of Ritchie Street.

Police located empty shell casings at the scene, as well as bullet holes in nearby property on Ritchie Street. There were no reported victims as a result of this incident.

A police statement was issued yesterday reassuring Ottawa residents that "all investigative avenues are being explored and appropriate resources will be assigned to assist in addressing community safety concerns."

The guns and gangs unit is looking for witnesses to aid in the investigation. Anyone with information can call 613-236-1222, ext. 5050, or Crime Stoppers at 613-233-TIPS.

TRACEY TONG

## News in brief

### Pedestrian killed in crash

**DEATH.** A 59-year-old pedestrian was killed after he was struck by a vehicle at the intersection of Montreal Road and Lafontaine Avenue yesterday.

TRACEY TONG

### MP to laud war veterans

**FAR EAST.** Ceremonies mark the 65th anniversary of Victory in the Far East and the end of the Second World War this weekend. Minister of Veterans Affairs Jean-Pierre Blackburn will present commendations to five Canadians who have a connection to the War in the far east Saturday. TRACEY TONG

1 news

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SpinDoctor on the dying gasps of what's left of the Reform Party. More at metronews.ca/blogs

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Experts wary breakup of ice island could wreak havoc on shipping lanes. Scan code for story.

# Fresh Beat aims to bring music out of the house

**Nine DJs to spin house, tech house and minimal house at Confederation Park festival ◐ Event is Ottawa's version of Montreal's Piknic Electronik**

TRACEY TONG
@METRONEWS.CA

Gatineau resident Steve Martin began DJing at age 13.

But even DJs have to grow up.

"Traditionally, events were held in bars and clubs, but now, they're moving outside," he said. Recalling a conversation he had with a friend recently, he said, "with events held outside, during the day, you don't need three or four days to recuperate."

Now 35 with a young family, Martin and co-organizer Martin Michalowski are bringing electronic music outdoors and into the daylight with Fresh Beat, a family-friendly, first-of-its-kind event designed to introduce house music to mainstream Ottawa.

"There are random events, but they're usually associated with bars," he said. He wants to make this music accessible to those who don't usually go to those venues.

The free event runs Aug. 21 from noon to 9 p.m. in Confederation Park and aims to foster Canadian electronic musical talents like James DTR, Mike McAra, Paulo Cardoso, Jason Jesse, Rick Laplante, Chris Falardeau, Jason Lafauci, and Chris Girard.

"One thing about Ottawa is that there are a lot of good producers that are starting to make it pretty big here," Martin said. "It's still a niche market, but it's still big enough to support music like this."

TINA PICARD/FOR METRO OTTAWA

▶ Fresh Beat electronic music festival organizer Steve Martin poses in downtown Ottawa recently. His tools of the trade include a laptop and USB midi mixers.

CONTRIBUTED PHOTO

▶ People are invited to meet Laura Newman, left, her father Jeff, and the rest of the Ontario team at a Cyclebetes Family Bike Festival on Aug. 20 at Mooney Bay Park.

# Girl, dad to ride for juvenile diabetes

On the morning of Aug. 21, Ottawa resident Jeff Newman and his 12-year-old daughter Laura are going for a little bike ride.

Along with eight other riders who make up the eastern Ontario team of Cyclebetes National Bike Relay, the Newmans will spend three days riding 960 kilometres from Ottawa to Mississauga, then up to Tobermory.

To make the trip, pairs of riders rotate riding a tandem bike, nicknamed Dia-Betsy.

**"Whether that is 10, 15 or 20 years, I don't think anyone can really tell, but there is definitely light at the end of the tunnel."**

JEFF NEWMAN ON FINDING A CURE FOR JUVENILE DIABETES IN HIS DAUGHTER'S LIFETIME

The relay is a fundraising initiative for the Juvenile Diabetes Research Foundation Canada.

Since Laura has Type 1 diabetes, she has to be very careful about her blood sugar levels, said Newman. That means she'll have to eat more carbohydrates and test her blood much more frequently during the ride to make sure it doesn't go low.

"It's something that you just never really get a rest from," said Newman.

TIM WIECLAWSKI

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# Fest offers invitation to savour all things Greek

Internationally acclaimed celebrity chef Maria Loi helped launch Ottawa Greekfest last night.

Loi, who has her own cooking show in Greece, is just one of the highlights of the festival, which officially starts today at the Dormition of the Virgin Mary Greek Orthodox Church.

More than 70,000 people are expected to attend the festival, which runs through Aug. 22 and features authentic food made by members of Ottawa's Hellenic community — roast lamb on a spit, souvlaki and desserts like baklava and loukoumades — performances by Greek bands and dancers and the Zorba show.

CONTRIBUTED PHOTO

▶ Performed nightly at Greekfest, the Zorba show is a crowd favourite.

TRACEY TONG

**Celebration**

**Don't miss the following events and activities at Greekfest:**

- **Performances** Greekfest's multicultural night on Aug. 17 will feature performances by different dance troupes, including a Romanian dance troupe, a Colombian folkoric ballet group and a Polish dance group.
- **Like the Greeks** Learning opportunities include a demonstration by celebrity chef Maria Loi, oil tasting seminars and Greek lessons.
- **All ages** There's plenty for the kids to do. After checking out some performances, let them loose in the carnival and let them take part in the children's activities.

# Chain helps local growers

Ottawa-area producer Paul Dentz grows strawberries, raspberries, tomatoes and apples on his farm.

Now, there's an alternative way to get his farm-fresh fruits and vegetables other than farmers' markets.

Loblaw Companies is promoting Canadian-grown products like Dentz's in its stores through its Grown Close to Home initiative.

"I think this is wonderful," said Dentz, a full-time grower for more than 30 years.

"I have to sell my product, too, and I live in a small rural community. I would need many, many, many farmers' markets to handle my product."

Benefits of buying local include freshness and less carbon footprint, Dentz said.

"There's been a trend towards locally grown products," said Frank Pagliaro, VP produce at Loblaw.

"I think it's always been there, but there's been a resurgence."

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ Producer Paul Dentz, left, with Frank Pagliaro.

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## News in brief

### Ship fired first: Israeli chief

**JERUSALEM.** More force should have been used to clear a ship's deck before the deadly May raid on a pro-Palestinian flotilla, Israel's army chief said yesterday, claiming that some of the Turkish activists on board had guns and opened fire first, in the most detailed account of the incident.

The army chief said an Israeli commando was shot in the stomach as he rappelled down to the Mavi Marmara, forcing him to return fire.

THE ASSOCIATED PRESS

### China searches for survivors

**ZHOUQU, CHINA.** Heavy rains lashed a remote section of northwestern China as the death toll from weekend flooding that triggered massive landslides jumped to 1,117, although the fading hopes of rescuers got a boost yesterday when a survivor was found in the debris.

Local officials were cited as saying at least 627 people were still missing.

The National Meteorological Center warned there was a "relatively large" chance of more landslides in the coming days, as heavier rain was expected for Friday.

THE ASSOCIATED PRESS

### Charge added in fake cancer case

**MILTON, ONT.** A woman accused of faking terminal cancer and taking money raised to help her is facing another fraud charge.

Police allege Ashley Kirilow, of Burlington, Ont., pretended to have cancer to raise money she promised to give to charity, but kept the cash for herself.

She was facing three counts of fraud under $5,000, but Halton police said she is now also charged with one count of fraud over $5,000.

THE CANADIAN PRESS

# Tories lied about census: Opposition

**Tories have defended scrapping mandatory census on account that jail time for non-compliance is unrealistic**

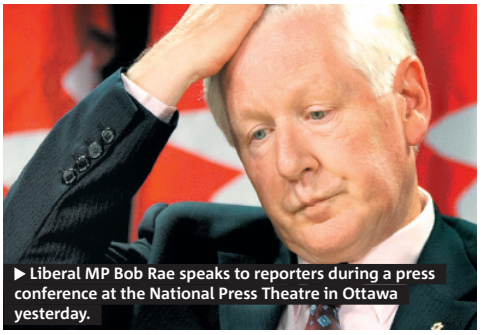
Opposition parties say newly released documents prove the Conservative government lied to Canadians about controversial changes to the census.

Liberals and New Democrats say the documents show Statistics Canada feared unreliable data would result from the government's decision to replace the mandatory long-form census with a voluntary survey.

That's contrary to Industry Minister Tony Clement's claim that StatsCan was comfortable with the change.

Liberal MP Bob Rae said the Tories are "scrambling by the seat of their pants" and should just admit scrapping the mandatory survey was a mistake.

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Liberal MP Bob Rae speaks to reporters during a press conference at the National Press Theatre in Ottawa yesterday.

"They should just stop digging themselves further into the hole."

NDP Leader Jack Layton says Clement lied and should have been moved out of his post during last week's cabinet shuffle.

Layton says he'll try to forge a common front among opposition leaders.

Papers released Tuesday revealed that the former head of StatsCan, Munir Sheikh, wrote in a speech that a voluntary survey would not be as useful as the current mandatory form. Sheikh resigned before delivering the speech.

THE CANADIAN PRESS

### Census changes

**The Harper government has blinked in the face of a challenge to its controversial census changes.**

- Industry Minister Tony Clement announced yesterday that the government will add three linguistic questions to the mandatory short-form census.
- It is also dropping the threat for jail for people who do not complete any mandatory government survey.
- The moves come after a court challenge by a francophone group which argues the changes violate their Charter rights and the Official Languages Act.

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MEDICAL TOURISM

## Travellers boosting a superbug

People travelling to India for medical procedures have brought back to Britain — and Canada — a new gene that allows any bacteria to become a superbug.

British scientists are warning this type of drug resistance could soon appear worldwide.

Experts say the booming medical tourism industries in India and Pakistan could fuel a surge in antibiotic resistance, as patients import dangerous bugs to their home countries.

The superbug gene, which can be swapped between bacteria to make them resistant to most drugs, has been identified in 37 people who returned to Britain.

The gene has been detected in Australia, the U.S., the Netherlands and Sweden.

THE ASSOCIATED PRESS

## Fires to stir dust from Chernobyl?

Wildfires are threatening to stir radioactive particles left over from the 1986 Chernobyl nuclear disaster back into the air over western Russia.

Officials have boosted patrols to keep fires from contaminated areas.

Experts say the dust could be harmful although doses would be small.

THE ASSOCIATED PRESS

## Seven will decide fate of Khadr

Seven U.S. military officers will decide Omar Khadr's war-crimes case in Guantanamo Bay.

The seven were seated after eight other potential jurors were excused after challenges.

Among those who will judge Khadr is a captain who says Guantanamo Bay should be closed.

THE CANADIAN PRESS

# Who'll buy diamonds steeped in blood?

TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

▶ David Kassel, chairman of the New Reclamation Group, and Abbey Chikane of Kimberley Process give the thumbs up following the granting of a Kimberley Process certificate to Zimbabwe in Harare.

### ▶ Zimbabwe begins selling cache
### ▶ Groups say 200 died near mine

Zimbabwe has begun selling hundreds of thousands of carats of diamonds with a bloody history.

The diamonds were mined from an area where rights groups say soldiers killed 200 people, raped women and forced children into hard labour.

Heavily armed police and soldiers guarded vaults built at the main Harare airport, where several private jets brought buyers from Israel, India, Lebanon and Russia

Investigators for the world diamond control body said last year the gems were mined at the Marange diamond fields by virtual slaves who had been told to dig or die.

The gems were smuggled out by soldiers who allegedly raped and beat civilians.

Human Rights Watch says children as young as 10 were forced to work up to 11 hours a day.

THE ASSOCIATED PRESS

**True or false?**

**Zimbabwe accuses rights groups of "peddling falsehoods" over the diamonds.**

1. No estimated value was given for the stones, though unofficial estimates range up to $2 billion.
2. The bounty from the sale would be a massive boost for Zimbabwe's ailing economy.
3. The profit would represent about one-third of the southern African country's national debt.

# U.K. sets etiquette guidelines for 2012

## Canadians sensitive about national identity, Americans complainers, says new British tourism guide

THE ASSOCIATED PRESS FILE PHOTO

▶ 2012 Olympic mascots Wenlock, left, and the Paralympic mascot Mandeville pose in this file photo.

Are Canadians easily offended? They are when mistaken for Americans, according to Britain's national tourism agency.

New guidelines from VisitBritain ahead of the 2012 London Olympics warn that Canadians can be overly sensitive, especially about their national identity. Seeking to help the country's sometimes snarky citizens offer a warmer welcome, the tourism bureau has updated its advice for anyone likely to work with travellers arriving from overseas — from hotel staff to taxi drivers.

The advice says Canadian tourists are likely to be quite annoyed about being mistaken for Americans, the guide suggests — urging workers to keep an eye out for Maple Leaf pins or badges on tourists' clothing. Hold off from hugging an Indian, the guide advises, and don't be alarmed if the French are rude.

Other tips: Don't go around asking Brazilians personal questions and never be bossy with visitors from the Middle East.

THE CANADIAN PRESS

**Welcome?**

**VisitBritain said research it had conducted found tourists believe Britons are honest and efficient — but not the most pleasant.**

- **They're not number one** Britain is ranked 14th out of 50 in the Anholt-GfK Roper Nation Brands Index on the quality of welcome offered to visitors, the tourism agency said.
- **Etiquette tips from respective countires** The frank etiquette tips for the British were written by agency staff about their own native countries.
- **Olympic boost** About 30 million people visit Britain each year, spending about 16.6 billion pounds. The 2012 Olympics is likely to bring in an additional 2.1 billion.

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# Trade deficit symptom of slowdown

## U.S. trade deficit also up ◗ Toronto and New York markets fall ◗ Fears grow of double-dip recession

Falling exports and higher trade deficits in Canada and the United States in June are sending a warning that the global recovery is slowing faster than policy-makers anticipated, according to analysts commenting yesterday on the latest trade figures.

Canada's monthly trade deficit came close to doubling to $1.13 billion during the month, as exports fell 2.5 per cent.

Meanwhile, the U.S. recorded its worst trade month in almost two years, as the deficit ballooned 19 per cent to $49.9 billion, and exports fell 1.3 per cent.

Even China, counted on to lead the world out of the slump, reported Wednesday that its industrial rebound slowed further in July, after braking somewhat in the previous three months.

**$1.13B Canada's trade deficit for June, almost double the deficit in May.**

The triple whammy of negative news, combined with a warning from the U.S. Federal Reserve on Tuesday that the recovery was weaker than expected, sent global markets spiralling lower.

The Toronto and New York stock exchanges were both down over 250 points Wednesday — more than two per cent — and the Canadian dollar fell more than a cent to 95.67 cents US.

While trade numbers can be volatile, economists say the broader trend line across indicators is pointing consistently downward.

"We're not far from a stall," Brian Bethune, chief economist for IHS Global Insight, said of the U.S. economy.

"I don't think we have the ingredients that would normally accompany a double-dip, but certainly we are getting into stall speed."

THE CANADIAN PRESS

## U.S. dollar far down against Yen

The U.S. dollar slid to a 15-year low against the Japanese yen yesterday, dragged down by the anemic recovery in the world's biggest economy.

The greenback was quoted at 84.71 yen in London, the lowest since 1995. Investors stepped up selling dollars after the Federal Reserve announced additional monetary easing steps Tuesday. THE ASSOCIATED PRESS

### Market moment

PRICES AS OF 5 P.M. YESTERDAY

| DOLLAR | Natural gas |
|---|---|
| - 1.20¢ US | 1,000 cu ft |
| 95.67¢ | + 2.9¢ US |
| | $4.326 |
| | Gold |
| | + $1.30 US |
| | $1,197.50 |
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# IT'S THE LITTLE THINGS THAT MATTER

**He says ...**

**JOHN MAZEROLLE**

**Welcome to Advice 101, so called because it was ranked 101st best column in Canada by a team of Internet message board commentators who agree that there should a White Heterosexual Male Day.**

**Q** Hey, John! I hear you're looking for an apartment. As a trained advice columnist, what tips would you give somebody looking for a new place?

**A** Well, apartment hunting can be a slow and frustrating ordeal, or a rushed and unsatisfying one. The choice is yours.

The first thing to remember is that, no matter what apartment you choose, there's a better apartment that you missed. The best way to deal with disappointment is to brace for it.

**Q** What are some key signs that an apartment is not right for you?

**A** One sure sign — and this really happened to me — is you discover that the house number has been drawn onto the door with liquid paper and is still wet.

While the extra effort was appreciated, it changed my prepared questions from concerns like "Is the water pressure strong?" to concerns like "Is there a toilet?"

I still took the tour to be polite, then declined. I like to think the lightbulbs were freshly screwed in on my way over so that I didn't have to fumble around in the dark. It's the little things.

**"The ideal apartment would be covered in that non-stick coating they put on frying pans."**

**Q** And what "little things" should one check for?

**A** Take this checklist with you:

- Are the mice friendly?
- Is there police tape? How much?
- Does the landlord believe that evolution happened in quick spurts? Or steadily over time? Judge him accordingly.

**Q** What would you consider the ideal apartment?

**A** I'm a respectful apartment dweller, but I'm a bit of a slob. And by "a bit," I mean I once knocked over a coffee in my apartment and was delighted when it did not spill anywhere because it had hardened into a new invention I call Coffee Flakes. The patent is pending.

So then, the ideal apartment would be covered in that non-stick coating they put on frying pans. There would be a drainage hole in one corner of the apartment and a jack in the other. Once a month I would jack up one side of the apartment and let slide out all of the items that wouldn't come clean, such as the Barcalounger.

If you see anything like this on Craigslist and it's within 500 metres of a bus station, let me know. I'm liquid-paper flexible.

**Cartoon**

MICHAEL DE ADDER

# Low-maintenance loyalty

**Letters & Tweets**

*We asked: What's the better pet — dogs or cats?*

**TORONTO.** Dogs are loyal, cute and can guard a house when you are working all day. Playing a game of fetch is stress relieving and looks cool. Cats ignore you, relieve themselves in a box indoors and are otherwise useless.

I know some people think cats are better as a pet because you have to earn their friendship, but if I am going to work hard on a relationship, it's going to be for human friends and family.

A pet should just be happy to be along for the ride ... it's ok to stick your head out the window.
**JASON HARRIS**

**EDMONTON.** @mikeatqazam Dogs of course, they'll actually listen to you. Ever try to get a cat to listen to you? Good luck.

*Re: Going, going Ghana (Aug. 4)*

**TORONTO.** I was surprised and at the same time pleased to read this article by Romina McGuinness.

Here is one Western journalist who, unlike several others, sought to portray a few positive aspects of an African country — a far departure from the usual Africa-bashing. Thanks, Romina.
**BEN POKU**

**Man's best friend**

DAVID COOPER/TORSTAR NEWS SERVICE

**What's your best summer memory?**

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# Metro Minute at Rideau Hall

Visit the official residence and workplace of Gov. Gen. Michaëlle Jean.

Rideau Hall, the home of every governor general since 1867, is the only official residence open to the public. The residence, which has seen almost every prime minister and cabinet member sworn in since that date, also hosts foreign dignitaries, houses rooms for State functions, offices, other work spaces and a greenhouse run by the National Capital Commission.

Rideau Hall is open to the public for tours year round. While you're there, check out the current temporary exhibit, DIASPORArt, on display until next month.
**TRACEY TONG**

TIM WIECLAWSKI/METRO OTTAWA

▶ Rideau Hall is open for tours year round.

2 scene

# Calder solo album a love letter to mother

**Project helped New Pornographers singer deal with mother's illness and death ◆ Plans solo tour next year**

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

When most musicians release an album they spend months touring in support of it. But not Vancouver musician Kathryn Calder — she's has no intention of quitting her day job, as a singer in the New Pornographers, to play her debut solo album around the country.

And you can't blame her — when I called her last week she was hours away from playing Lollapalooza with the Pornographers. "It's a pretty big show," she said, a major understatement considering she'd likely be working small bars if she were playing her own record across the country.

She will tour, she says, probably next year, when her main band's hectic schedule relaxes. Until then you'll have to listen to her passionate debut disc, Are You My Mother?, which was written and recorded in the months before her mother passed away from ALS, also known as Lou Gehrig's disease.

While Calder, who also played with Immaculate Machine, had always wanted to write a solo record, it wasn't until her mom got sick that she decided to go for it.

**"I don't feel overshadowed in the New Pornographers. Maybe that wasn't the case when I first joined — half the fans thought I was Neko (Case). "**
KATHRYN CALDER

"Her illness was a gentle motivation," she says. "I wanted her to hear it because I knew she would really enjoy it. I didn't want to look back and regret waiting."

You might expect the disc to be full of depressing dirges, but it's not. There are some somber tunes — Arrow is a stunning track that's clearly about her losing her mom — but there's also some upbeat power pop numbers like the Pornographers sounding Follow Me Into The Hills.

"It was a conscious decision. I didn't want the record to be all one mood," she says. "I didn't want it to be a sad, dark record. My mom's illness wasn't the only thing that was happening to me at the time — there were some happy moments too."

Clearly, Calder's open about what she went through. She admits that it's been hard to put herself out there, but it's helped her deal with her mom's death.

"Just writing about what was going on helped in some way or another," she says. "In my first interview, which was for my home town paper, I did get teary. But there's no way I could not talk about this — it was so tied into the record. Plus, if it raises awareness of ALS then all the better."

## Go your own way

**Kathryn Calder is not the only member of a supergroup who has gone solo. Here are a few others:**

- **Feist:** She's now famous for her soft, jazz-tinged tunes, but it was as a member of Broken Social Scene and By Divine Right where she got to hone her chops.
- **Scott Weiland:** The drug-addled vocalist will be best remembered for fronting Stone Temple Pilots and singing in Velvet Revolver, but he did try to go out on his own with 2008's Happy in Galoshes.
- **Slash:** Another Velvet Revolver alum, the legendary guitarist has been in and out of supergroups forever. But, unlike Wieland, his 2010 debut self-titled solo disc was actually pretty good.
- **Chris Cornell:** Soundgarden's singer has been in two supergroups — Temple of the Dog and Audioslave. He should have stuck with them; his three solo albums are low spots in his career.

▶ New Pornographers' singer Kathryn Calder has a new solo album called Are You My Mother?

## News in brief

**A 3-D documentary on the Queen is set to air on CBC next month. The public broadcaster says it will show Queen Elizabeth in 3-D on Sept. 20. A special TV is not needed to see the program, but viewers will require 3-D glasses to experience the effects.**
METRO

Roots miniseries director David Wolper dies at 82

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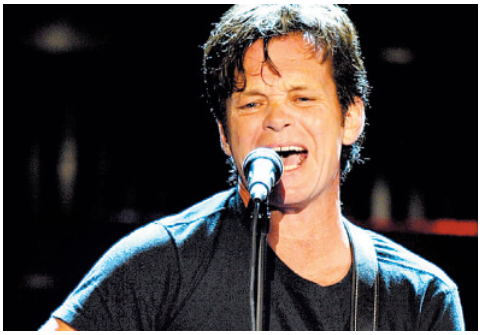
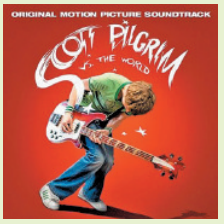
## Album reviews



# A triumph of Americana folk rock

**John Mellencamp**
**Album:** No Better Than This
**Label:** Rounder
●●●●½
John Mellencamp has been telling us for years that he doesn't want to be a rock star anymore. Just in case you didn't get the message with his raw 2008 release Life, Death, Love and Freedom, he's now served up No Better Than This — an album that proudly proclaims "recorded in mono" on its jacket. It sounds like it fell off the back of a chuck wagon steered by Willie Nelson and Bob Dylan — which in many ways it was. Mellencamp recorded it off a single microphone while touring minor league baseball parks with the two legendary songwriters. He even taped one track — Right Behind Me — in the same San Antonio hotel room that Robert Johnson recorded Cross Road Blues. The end result, pieced together by producer T-Bone Burnett, is a lo-fi triumph of Americana folk rock a la Johnny Cash, John Prine or Steve Earle. The voice is ragged but the title track's message is starkly clear — eat up life now cuz there ain't no seconds. It may be a bit jaded, even a tad cynical, but, at 59, Mellencamp can do as he pleases. Rock stars come and go. Great songs never die.
**Outstanding track:** Save Some Time to Dream
● GRAHAM ROCKINGHAM

**Scott Pilgrim Vs. The World**
**Album:** Original Motion Picture Soundtrack
**Label:** ABKCO/Universal
●●●
Rarely does a soundtrack warrant a listen anymore, but Scott Pilgrim Vs. The World is full of curiosities. There is the requisite filler, but this is boosted by Beck and hometown boys Broken Social Scene, who have assumed the guise of bands from the film. As Sex Bob-Omb (Pilgrim's band in the film),




Beck embraces his old slacker self with some amateurish garage punk, while BSS try sludgy hardcore as Crash and the Boys. It's all good fun.
**Outstanding track:** Scott Pilgrim. ● CAM LINDSAY

▶ Public Enemy members Flavor Flav and Chuck D.

# Public Enemy still spreading the word

## Frontman Chuck D says traveling has been the key to the group's success

As the leader of the legendary hip-hop group Public Enemy, Chuck D has spent more time at the airport than some pilots. Those frequent flier miles have definitely piled up. In fact, the frontman sees traveling as the key to the group's longevity.

"The minute we were able to get passports, Public Enemy was the first group to explore," he says. "So all the places that we laid seed in years ago are now continuing to bear fruit."

### Hip-hop gods

▶ **Among the first** to embrace the Internet with a digital record label, Chuck D has launched Hiphopgods.com, set to be an online archive of all things hip-hop and an online museum.

The traveling is nothing new. PE has been taking their socially conscious brand of hip-hop around the world almost from the beginning of their career.

Now on the eve of releasing a new fan-financed album (more than 20 years after releasing classics like It Takes A Nation of Millions To Hold Us Back and Fear Of A Black Planet) and a tour, it doesn't look like a break is coming soon.

"We've only been to 70 countries out of the total of 212. We go to countries like people go to cities. And we haven't run out of countries," he laughs. "People ask, 'Hey what have y'all been doing?' and I say we been busy. We just ain't been to your town. Yet."
METRO WORLD NEWS

**"I was inspired by classic rock radio. Hiphopgods.com is where classic rap lives on."**
CHUCK D

# It's always been green at folk fest

More and more festivals are adopting green initiatives, but for the Ottawa Folk Festival, it's always been second nature, the festival's director told Metro recently.

"Environmental awareness has always been a part of that community," said Dylan Griffith. "These festivals are about sharing and community and love of music, and there is always a sense of awareness in the community. Nobody wants a negative impact."

This year, the Ottawa Folk Festival continues its bottled water-free initiative, said Griffith.

**7,500**

**In 2009, the festival diverted over 7,500 plastic water bottles.**

There will be no plastic water bottles sold or distributed on site, and instead, the festival returns its hydration stations so festivalgoers can refill their water bottles with the city's clean drinking water.

The festival is also expanding its waste management programs, Griffith said.

While festivals are usually synonymous with food and containers, the folk festival's reusable dish program gets around all that, Griffith said.

In addition to compostable beer cups, the festival will use a solar-powered dishwasher to clean durable, reusable dishes, keeping an estimated 20,000 disposable dishes out of the landfill.

"It means a huge dishwashing crew, but it's important to our organization."

TRACEY TONG/METRO OTTAWA

SUBMITTED PHOTO

▶ The 17th annual Ottawa Folk Festival takes place August 13-15 at Britannia Park.

NEW INITIATIVE

## Magical musical bus

There are few better places for a folk festival than Britannia Park, but when the crowds start rolling, park spots fill up quickly.

This year, organizers of the fest are making it easy for music fans to get in and out of the riverside venue by offering a free shuttle.

Starting at 4:15 p.m. on Friday and 9 a.m. on the weekend, buses running from Café Nostalgica on the University of Ottawa campus and Lincoln Fields station will be taking concertgoers to the festival grounds in Britannia Park.

The last shuttle returning downtown will leave the festival site at midnight on each of the three nights.

"We want to make it as easy as possible for people to get to the festival without having to drive," said festival director Dylan Griffith. "We also want to provide plenty of options for folks who like to enjoy a few beers with their music."

Griffith said having the shuttle is a step toward their goal of producing a zero-waste festival by 2013, which would be the festival's 20th anniversary.

The site is very bicycle friendly, for people who want to contribute to the zero-waste festival this weekend. And it is already served by OC Transpo routes 16, 85 and 97.

Out-of-town festivalgoers will find an affordable option of camping at the nearby Ottawa municipal campground and riding their bikes shows.

TIM WIECLAWSKI/METRO OTTAWA

# Folk tradition is rich and strong

**This year's Ottawa Folk Festival includes local acts Jim Bryson, The Acorn, The Mighty Popo, Chris MacLean and Jill Zmud**

TRACEY TONG
@METRONEWS.CA

When you think of a folk festival, these may not be the names you'd expect to see at Britannia Park this weekend.

But the likes of Arrested Development, Calexico, Ramblin' Jack Elliott and the Jim Cuddy Band, along with bands like Juno-nominated band Bahamas and Delhi 2 Dublin — which fuses Punjabi and English vocals backed with an eclectic mix of instruments — are all part of the folk festival's new direction.

"It's a little more varied than in the past," said festival director Dylan Griffith of this year's lineup.

"Ottawa already has a super-strong folk community," said Griffith. "It's got a very rich, very strong tradition." Still, he's hoping this lineup will bring a new generation of folk music lovers to the 17th annual festival, which runs Aug. 13 to 15.

Griffith combined his wish list with acts he found interesting.

"I had my eye on Arrested Development before I got the job," he said. "They've been making inroads in Canadian folk music festivals in last two years, and have been met with huge success."

Another headliner is Calexico, "one of the most interesting groups doing roots music right now," he said. "They bring a lot of different influences and have a really cool sound. They're very promiscuous in who they borrow from."

Festivalgoers won't want to miss Ramblin' Jack Elliott, a folk legend who played with Woody Guthrie and Bob Dylan.

In addition to concerts, the festival offers daytime workshops and a chance to hear collaborations between artists.

Pass it down
Workshop Series
presented by the Ottawa Folklore Centre & the Ottawa Folk Festival

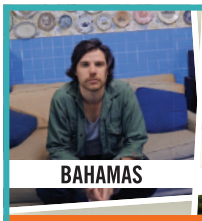
Ottawa's most eclectic music school, the *Ottawa Folklore Centre School of Music*, has developed the *Pass it down* workshop series in an effort to give festival-goers an enriched festival experience. The workshops are all *free with festival admission!* The Ottawa Folklore Centre has video tutorials and other resources available through the website below.

We are offering **FREE instruments** to our earliest registrants in the Jaw Harp, Tin Whistle, Ukulele Crash Course, Nose Flute and Harmonica workshops!

For more information about the Ottawa Folk Festival, please visit www.ottawafolk.org

Ottawa Folk Festival

Register online at **www.ofcmusic.ca**


BAHAMAS

THE ACORN

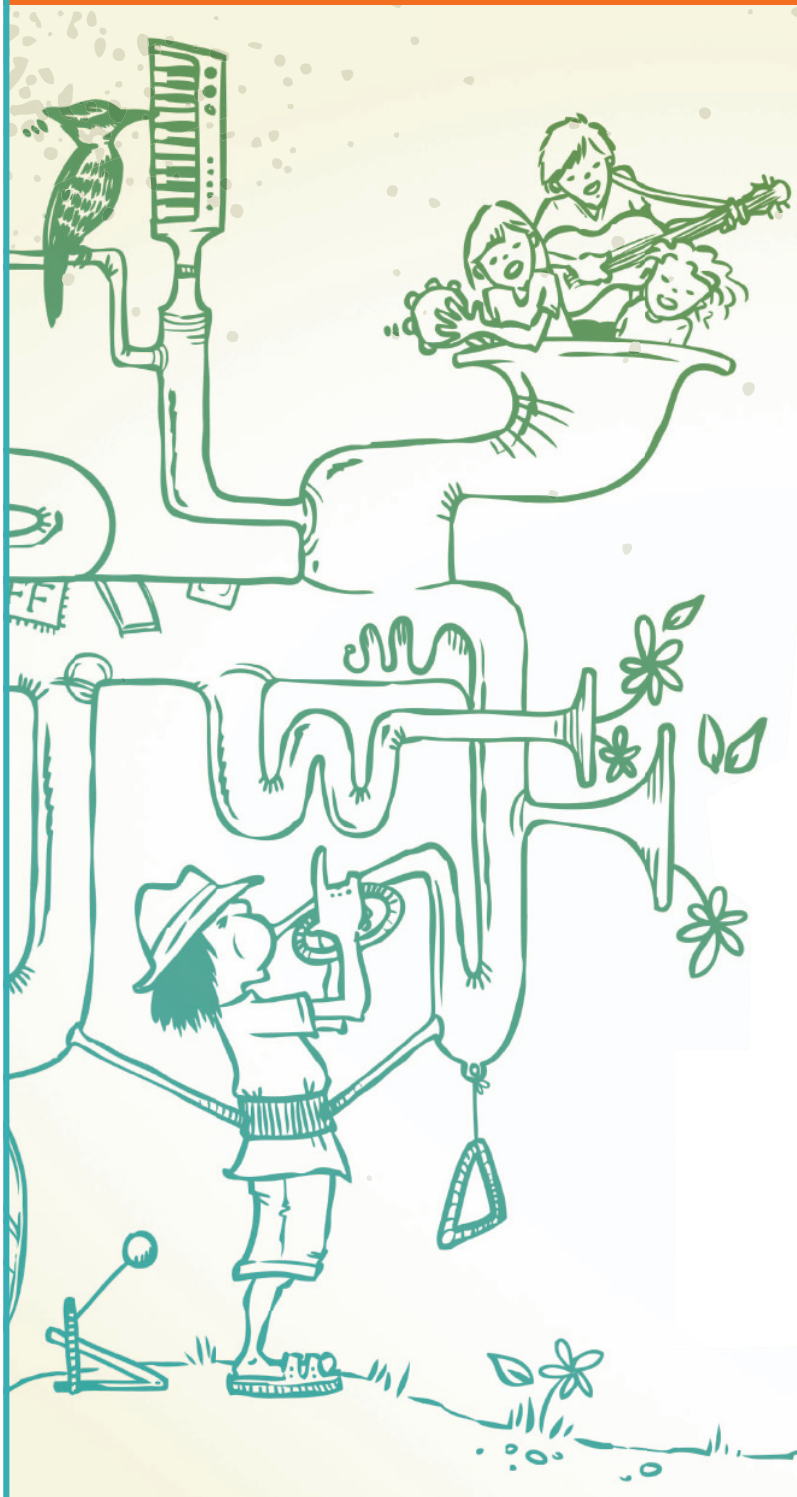
ROCK PLAZA CENTRAL

ARRESTED DEVELOPMENT

JIM BRYSON

CALEXICO

# Ottawa Folk Festival 2010



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**Printable versions of evening and daytime schedules available on-line www.ottawafolk.org**

## Evening Schedule

### FRIDAY

**CUPE Main Stage**

- Opening Ceremony with Albert Dumont Arthur McGregor & Folka Voca — 6:00pm - 6:30pm
- Jon Brooks — 6:45pm - 7:30pm
- The Acorn — 7:45pm - 8:30pm
- Rock Plaza Central — 8:45pm - 9:45pm
- Arrested Development — 10:00pm - 11:15pm

**Galaxie Dance Tent**

- Bruce Peninsula — 6:30pm - 7:15pm
- The Foggy Hogtown Boys — 7:30pm - 8:30pm
- Hoots & Hellmouth — 8:45pm - 9:45pm

### SATURDAY

**CUPE Main Stage**

- Tone Cluster — 5:00pm – 5:15pm
- Galant, tu perds ton temps — 5:30pm – 6:15pm
- LAU — 6:30pm – 7:15pm
- Carolyn Mark & the New Best Friends — 7:30pm – 8:15pm
- Jim Bryson & The Weakerthans Band — 8:30pm – 9:30pm
- Calexico — 9:45pm – 11:15pm

**Galaxie Dance Tent**

- Frank Turner — 5:00pm – 6:00pm
- Tanya Tagaq with Jesse Zubot & Jean Martin — 6:15pm – 7:00pm
- Namgar — 7:15pm – 8:15pm
- The Hidden Cameras — 8:30pm – 9:30pm

### SUNDAY

**CUPE Main Stage**

- Terry Penner Festival Choir with Andy Rush — 4:00pm – 4:15pm
- Ladies of the Canyon — 4:30pm – 5:15pm
- Horse Feathers — 5:30pm – 6:15pm
- Bahamas — 6:30pm – 7:15pm
- Jenny Whiteley — 7:30pm – 8:15pm
- Ramblin' Jack Elliott — 8:30pm – 9:30pm
- The Jim Cuddy Band with special guests Luke Doucet & Melissa McLelland — 9:45pm – 11:15pm

**Galaxie Dance Tent**

- The Old Sod Band — 4:00pm – 6:00pm
- Terry Gillespie — 6:00pm – 7:00pm
- The Mighty Popo — 7:00pm – 8:15pm
- Delhi 2 Dublin — 8:30pm – 9:30pm

# See you there this weekend!

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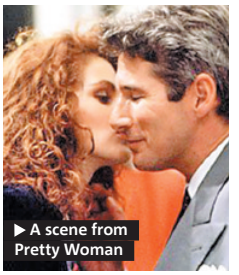
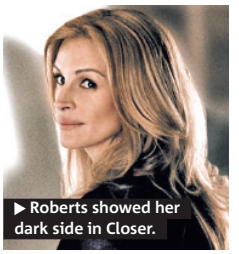
▶ 2000's Erin Brockovich confirmed Julia's superstar status.


▶ A scene from Pretty Woman


▶ Roberts showed her dark side in Closer.

# All these years under Julia's spell

**Roberts swept us off our feet with her effervescent role in Pretty Woman and took home the Oscar for Erin Brockovich  A look at her top 5 movies**

Eat Pray Love allows Julia Roberts to show off the best of what she can do: flash that radiant smile and let loose with that hearty laugh, but also provoke more than a tear or two in emotionally weighty scenes.

An A-lister with irresistible magnetism, Roberts is a movie star through and through but she can also really act, as evidenced by her three Oscar nominations and one win.

Here's a look at the five most notable performances of Roberts' long and illustrious career:

**Erin Brockovich (2000)**
The title may have seemed like a head-scratcher at the time but there was no mistaking Roberts' dominance in taking on the true story of a trash-talking environmental crusader. This is the role that earned her a well-deserved Academy Award for best actress.

**Pretty Woman (1990)**
This movie could not come out today — not without a shred of irony. But 20 years ago, it asked us to accept not only that a prostitute could walk the streets of Los Angeles looking like Julia Roberts, but that she'd also turn out to be charming and poised enough to accompany a wealthy businessman to high-pressure society events. Nevertheless, Roberts made it work in the performance that made her a superstar.

**Steel Magnolias (1989)**
She was pretty much an unknown at this point but she stole the spotlight away from much more seasoned actresses, including Sally Field as her mother and the scenery-chewing Olympia Dukakis and Shirley MacLaine as a couple of bickering biddies. It was a performance that helped put her on the map and led to an Oscar nomination for best supporting actress.

**Closer (2004)**
A rare chance for Roberts to show an ugly side. Roberts played a photographer who winds up in various romantic permutations with Jude Law and Clive Owen, and the scene in which Owen confronts her about an infidelity is devastating.

**Duplicity (2009)**
Roberts and Owen reteamed for a little more fun this time. They enjoyed a delightful chemistry as former spies and on-again, off-again lovers who scheme to steal millions of dollars from the corporate behemoths that employ them. THE CANADIAN PRESS

## Movie review

See it twice ⊕⊕⊕⊕⊕
See it now ⊕⊕⊕⊕
Worth watching ⊕⊕⊕
Yawn ⊕⊕ | Don't bother ⊕

**Land**
**Genre:** Documentary
**Director:** Julian Pinder
⊕⊕⊕½

It has been said that the three most important words in real estate are "location, location, location."

That thesis is borne out, in ways both tense and amusing, in Toronto-based filmmaker Julian Pinder's new documentary Land, which focuses on Nicaragua's Pacific coast and the bold — or is that foolish? — efforts of American developers to erect luxury housing projects and resorts on historically blood-soaked terrain.

Pinder, who apprenticed under the master Canadian documentarian Jennifer Baichwal, spent several years shooting in Nicaragua, slyly drawing parallels between the mercenary activities of these American expatriates and the imperialist incursions of the 1980s.

While Pinder's style doesn't always opt for subtlety — like when a discussion of economic inequality is over-layed onto footage of fish being brutally gutted — he paces and shapes the material like a pro.

ADAM NAYMAN

# Waters' Wall of protest

Pink Floyd founder Roger Waters has no qualms about giving a Canadian band permission to tinker with his band's classic Another Brick in the Wall for use as an anthem for young Iranians.

Toronto-based band Blurred Vision, fronted by two exiled Iranian brothers, has reworked the lyrics to express the resentment felt by young people toward the government of Iran, where it's illegal to play rock music. Waters said he encourages artists to use the song to resist all forms of oppression. He said that he sees the band as playing a vital part in "the resistance to a regime that is both repressive and brutal."

I applauded and supported the resistance of schoolchildren in South Africa to that repressive and brutal regime," he said, "and also applaud and support the resistance of Palestinian children in Gaza and the West Bank to the repressive and brutal occupation they endure." THE CANADIAN PRESS

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# DOES THIS SOUND LIKE YOUR DAY?

How does a weekday start for you? With a piercing beep from your clock radio? With that song your Top-40 station plays every morning at 7:00 a.m., jolting you out of a too-short sleep? Don't worry: you'll catch a few more winks in the shower. And if you can't, there's a mug of thin coffee waiting in the kitchen. It's programmed to be perked before you are. Soon you'll be hunched over that mug, considering the traffic report you just heard on the morning news. Road closure. Major backups. How will you get to work on time? The moment your mind starts to clear, you get planning. Fifteen minutes later, your motionless car sits among a hundred others on a choked highway. The radio's just static now. You clench the wheel. Too much caffeine's bad for the nerves, but so is too little sleep.Twenty minutes late for work. Your desk-chair groans under your weight. Was it groaning that much six months ago? Is trans-fat worse for you than caffeine? Try to stay grounded. You rub your fingers against the grey fabric of your cubicle wall, but the computer screen zaps you anyway. Sixty-four new emails. You spend the next three hours bent over your keyboard. It occurs to you that your spine hasn't fully straightened since you got out of bed. You stand up immediately. Something pops in your shoulder. Careful! That's your phone-holding shoulder. You bend down to grab your satchel and pain tweaks the small of your back. You hobble to the lunchroom.

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Lunch is leftover cheeseburger pizza. It's unhealthy, but it's fast. That was also your excuse last night, when you decided to order it. You hunch over your re-sealable container, scooping dollops of mozzarella with your right hand, turning the pages of a manual with your left. When else are you going to study for your night course? Evening's for the spouse and kids. Don't get grease on the pages. Soon you're back at your desk. Lunch-hour was really only 40 minutes, since you had banking to do. The lineup wasn't too long, so you grabbed a latte. You need it to stay alert until 6:30. If you really work hard this afternoon, there may even be time for the gym tonight. Here comes one of your bosses. She gives you a friendly slap on your bad shoulder. Tough break about the traffic jam. But that's not the client's problem. Looks like we're all having a long night. She wanders off, chuckling. Forget the gym, you say to yourself. That latte's not sitting well, either.The hours pass, the sun goes down. Lit by the glow of pot-lights overhead, you stop to think: Every day you pass fit, smiling people on your way to work. They're not rich. Some of them have jobs like yours. But they don't look unhealthy, stressed, or worn out… they don't look like you. Somehow, somewhere, they've found a rhythm your life lacks. It's about time you learned their secret.

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# Anna Nicole's doc takes heat at trial

NICK UT/AP PHOTO

▶ Did Dr. Sandeep Kapoor go to the same school of medical practices as Michael Jackson's physician?

**Smith's doctor, Dr. Sandeep Kapoor, accused of over-prescribing meds that lead to starlet's death**

A doctor who treated Anna Nicole Smith six years before the celebrity model died testified Tuesday that she complained of many physical ailments but he was unable to diagnose the source of most of her pain.

Dr. Victor Kovner said he came to feel, "she was treating emotional pain with drugs designed for physical pain."

Kovner said he warned Dr. Sandeep Kapoor, a doctor now charged with providing large amounts of prescription drugs to the Playboy model, that Smith could be manipulative.

Kovner offered the warning when Kapoor bought his practice. He also urged Kapoor not to socialize with celebrity patients, an issue that has arisen in the trial.

Kapoor was photographed riding with Smith in a gay pride parade, and prosecutors claim the social relationship clouded his judgment.

A month after Smith died, 44 different prescription drugs were taken from Smith's sea-side home and delivered to a medical examiner in Florida, according to the chief toxicologist for Broward County.

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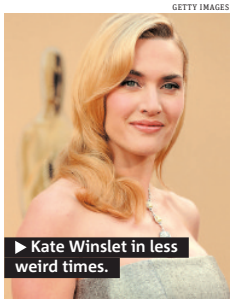


▶ Kate Winslet in less weird times.

## Kate 'weirded out' by sex scenes

Even before their split, tensions were already mounting between Kate Winslet and Sam Mendes while filming 2008's Revolutionary Road, especially during intimate scenes with co-star Leonardo DiCaprio, according to the Sydney Morning Herald. "It was certainly a difficult time," DiCaprio says, according to the newspaper. "She was really worried that Sam wasn't bothered by the fact that his wife was making out with another guy right in front of her. I told her it was only acting, but she kept on saying, 'This is really weird.'" METRO WORLD

## Lohan judge recuses herself

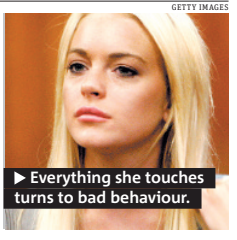
The judge who sent Lindsay Lohan to jail has removed herself from the case after a prosecutor complained she improperly contacted a rehab centre about the court-ordered treatment of the actress.

District attorney spokeswoman Jane Robison said yesterday that Judge Marsha Revel recused herself Friday.

Robison says the contact with the rehab centre was among several instances when Revel improperly communicated with participants and experts without the prosecutor present.

THE ASSOCIATED PRESS

GETTY IMAGES



▶ Everything she touches turns to bad behaviour.

## Talking points

### Szohr a no-show at event

**SPOTTED IN CHICAGO: TWO ENTITLED BRATS.** Gossip Girl stars Jessica Szohr and Ed Westwick, who have apparently rekindled their romance, holed up in a Chicago hotel last weekend and racked up an $800 bill on room service and minibar purchases, according to Page Six. Szohr was supposed to be in town to make an appearance at a Lollapalooza event, but never made it, enraging the organizer. "When the event boss phoned Jessica and said he was canceling their flights, she said, 'We don't need to do this. We can pay our own way,'" a source says.

### Boy George sniffs over Gaga's coke admission

**DRUGS AREN'T COOL, KIDS. NEITHER ARE ARTISTS WHO USE THEM AS THINLY-VEILED PUBLICITY PLOYS.** Boy George isn't impressed with Lady Gaga's admission to Vanity Fair magazine that she uses cocaine occasionally. "Could it be that her use of coke is not so 'occasional'?" he writes in a blog post for Paper magazine. "As a recovering addict who knows how dangerous 'occasional' use is, I can think of no reason for Gaga to reveal this to her young audience. My mum had the best take on this: 'She's reached the stage where she feels untouchable. You all get there — you did, Son.' I can't argue with that!"

METRO WORLD NEWS

Late '80s Madonna! Is that you?

## Celebrity tweets

**Drake Bell [@Drake-Bell]** Boarding a plane to Nicaragua. It's gonna be a long flight!

**Queen Rania [@Queen-Rania]** Discovering more of italy's treasures. 1st Stromboli, & just climbed Vulcano. Gorgeous backdrops 4 precious time with my kids.

**Alyssa Milano [@Alyssa-Milano]** You know what I love? I love how excited my dogs get about their dinner even though it's always the same dinner.

**Conan O'Brien [@Conan-OBrien]** Ricky Gervais asked me to tweet that his movie Cemetery Junction is playing at Mann Theatre in Glendale. I refuse

METRO WORLD NEWS

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# The science of fit: Thin isn't always in, says Paige

**Designer and former anorexic shares her story about how curves helped her career Today, her denim is one of the most sought-after brands in Hollywood**

▶ Paige Adams-Geller designs jeans for women of all sizes. She has even sent back models she feels are too skinny.

JORDANA DIVON
FOR METRO CANADA

Paige Adams-Geller has a surprising message for fans of her eponymous denim line: Thin isn't necessarily in.

The L.A.-based former model and pageant queen says she spent years battling anorexia to fit the industry standard, but it was only after she recovered to a healthy weight that her career took off.

"When I went to treatment (for anorexia), I gained weight quickly, and it was a very scary feeling because you don't know when it's going to stop," she recalls.

"But that's when I met the guys from Lucky Brand Jeans, who told me I had the perfect proportions for their line. And it was such an unusual feeling to be rewarded for being fuller and more curvy."

As a size 6, Adams-Geller's curves filled out the jeans much better than her size 0 counterparts. In fact, she looked so good in denim that she quickly became the most sought after fit model in a town of tiny tushes.

"Going in and trying on these jeans and having them feel great and look great was a new experience for me," she says. "And if I started to get too skinny, I wouldn't get paid – so I had to keep my weight up and that's when I learned to finally appreciate that I looked healthier and felt better."

**"I think that fit never goes out of style no matter what you're doing in a line... a great-fitting article of clothing is the most important thing"**
**PAIGE ADAMS-GELLER, PAIGE DESIGNER**

With years of experience under her custom leather belt, Adams-Geller managed to incorporate all she'd learned into a science: The science of fit.

By 2005, the newly minted designer debuted Paige Denim to a public ravenous for proper-fitting jeans. A book and a website specifically designed to match body type to the right cut followed soon after.

"I think that fit never goes out of style no matter what you're doing in a line. I could do denim, non-denim, jackets, gowns, and to find a great-fitting article of clothing is the most important thing," she says.

While her brand has taken off amongst young Hollywood celebrities, Adams-Geller wants her clients to know that her jeans are meant to fit everyone. She even makes a point of sending models back to their agencies if they're too skinny.

"You're supposed to fill out jeans, you're not supposed to have a saggy butt!" she says with a laugh. "So it's been interesting trying to get that message out there while finding a hip, cool model that's not plus size but looks great in the jeans."

For more information, check out paigeusa.com.

## Perfecting the fit

First thing's first: Stop obsessing over the number sewn into your pants. "People can be fixated on sizes and there's no set standard in the industry for what a size is," Paige Adams-Geller advises.

- **Crack is wack:** Ladies and gentlemen, have a seat. "I think that one of the biggest mistake people make is to not do the sit-down test," says Paige.
- **Loose Cannon:** On the other hand, too much give isn't good either. "Most jeans will tend to grow a bit, so you need to walk around in them, bend, flex ... you don't want your it to look dumpy."

3 life

## News in brief

NARS Cosmetics introduces two new compact palettes for fall — Beautiful Life for lips and cheeks ($65) (pictured); and Only You for eyes and cheeks ($75). Both palettes will be available at Holt Renfrew, The Bay and Murale locations.
METRO

Levi's aims to talk about shape, not size with new Curve ID denim line for women.

▶ Jennifer Aniston poses as Barbra Streisand, a photo shoot by Mark Seliger in the September issue of Harper's Bazaar.

**Actress Jennifer Aniston pays the ultimate tribute to Barbra Streisand in the September issue of Harper's Bazaar The 41-year-old beauty recreates iconic portraits of the legendary singer/actress/director.**

# Aniston gets her close-up Streisand-style

There are Barbra Streisand fans, and then there's Jennifer Aniston.

Aniston recreates iconic portraits of Streisand in a lavish Mark Seliger photo spread in the new issue of Harper's Bazaar. The magazine is on newsstands this week.

"The shoot was just fun," the 41-year-old actress said Saturday while promoting her new film, The Switch.

"Look, you're dressing up in wigs and costumes and going into this beautiful theatre in downtown Los Angeles, and her voice is booming through the speakers," she said. "And you get chills. It was almost like ... 'cause photo shoots I'm always uncomfortable in, because that sort of thing is not my career, it's not my profession. So, it was sort of fun to kind of play a character like that."

**"Photo shoots I'm always uncomfortable in, because that sort of thing is not my career ... So it was sort of fun to kind of play a character like that."**
**JENNIFER ANISTON**

Her fascination reaches beyond Streisand's look.

"I want to sing like Barbra!" she joked.

And like Streisand, Aniston wants to direct. She got a taste of behind-the-camera work directing the 2006 short Room 10.

"I really am chomping at the bit to do that next. It was so creatively fulfilling. And I'm ready to do something else. It's time to sort of explore and I love this (acting). I'll never stop doing this until people say, 'Stop!' And maybe even then I won't stop," she said with a laugh. "But it's just time to sort of change it up."

The Switch will be released Aug. 20.

**THE ASSOCIATED PRESS**


## VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

| | YES | NO |
|---|---|---|
| I am feeling sad and depressed | ☐ | ☐ |
| I am having difficulty sleeping | ☐ | ☐ |
| I am feeling low in energy and slowed down | ☐ | ☐ |
| My appetite has changed | ☐ | ☐ |
| I am experiencing feelings of guilt | ☐ | ☐ |
| I have lost interest in work and pleasurable activities | ☐ | ☐ |
| I feel hopeless about the future | ☐ | ☐ |
| I feel tense and anxious | ☐ | ☐ |
| I am having difficulty making decisions | ☐ | ☐ |
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# At first blush

**Girls are being exposed to and using beauty products at a younger age, but it's wearing off sooner, according to market research Beauty editor offers tweens advice on how to wear it in an age appropriate fashion**

ISTOCK PHOTOS

▶ Among 13- to 17-year-olds, 47 per cent are wearing mascara on a regular basis.

It starts with gloss and polish, then it's mascara and eyeliner.

To parents, it might seem as if their girls are wearing makeup overnight, but sales figures show that it's a steady progression from essentially toddlers to teens — with a surge of interest during the tween years.

But engagement with colour cosmetics is waning among young women, age 18 and up, according to market research firm The NPD Group.

Young girls are becoming exposed to beauty routines earlier on — especially with all the mother-daughter bonding that's going on at nail salons and spa birthday parties — but that excitement might be wearing off by the time older girls are establishing their own regimen, observes NPD beauty-industry analyst Karen Grant.

Overall, girls in the 13- to 17-year-old range still use more makeup than their younger sisters, but the percentage of the high schoolers using makeup now is less than it was a few years ago, while the percentage of elementary and middle-school girls is higher.

By age 18, these young women are looking to keep their skin healthy and enhance their appearance with a handful of tried-and-true cosmetics, Grant explains, but their experimental phase is largely over.

**18**

**Among eight- to 12-year-olds, 18 per cent are wearing mascara on a regular basis; 47 per cent of 13- to 17-year-olds and 56 per cent by age 18, according to Grant. Compared to 2007 levels, that is an eight per cent increase in usage of mascara by tweens, while lipstick had a five per cent increase.**

"You've got girls asking, 'Do I really need this?'" says Grant. "Maybe it's not that exciting anymore because they've been using it since they were younger."

Eva Chen, beauty and health director at Teen Vogue, agrees that there's the excitement factor that comes with literally the first blush of beauty products — but that can get old.

"A lot of tween girls think makeup is really exciting to them when they first start to wear it because it's probably something they haven't been allowed to do . . . About 13 or 14, they feel like they're over lip gloss. They still wear it, but that's when they want to transition into mascara, but that's one more step for parents to accept."

Lip products is the most used cosmetic category across all ages, says Grant, with younger girls using balm, tweens and teens using gloss. THE ASSOCIATED PRESS

## Tips for teens

**Someone definitely needs to tell girls not to try to look too old too fast, says Eva Chen, beauty and health director at Teen Vogue. "Teenagers have this glow, this beauty, that adults try to reproduce. They are very lucky to have it. Don't cover it up!" she says. Her other tips are:**

- **Nail Polish** in neon pink, green, blue — what adults would largely see as crazy shades — look fun and playful on girls.
- **Red lips** aren't appropriate for a tween or even many teens. It's the kind of thing that gets people looking at your makeup when you want them looking at you, she says.
- **If you're** going to wear mascara, learn to wear it right. "You don't want it clumpy," Chen adds.

THE ASSOCIATED PRESS

## HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

# Get your baby's nursery up and ready

When it comes to planning a nursery, even the most "design-impaired" people end up enjoying it. And with today's vast array of baby furniture and accessories, don't be afraid to go bold.

According to interior designer Erin Feasby, co-owner of Toronto-based design firm Feasby & Bleeks Design, after years of being very one-dimensional, nurseries are returning to the "full-on decorated" look.

"From custom lampshades, use of trim on furnishings, original art and lots of details, it's really an opportunity to show some personality and have more fun than you might with your everyday rooms," she says.

Feasby points out that choosing a motif when beginning to plan your nursery — be it nautical, animal, fairy — can help guide you when putting the room together. "Find either a fabric you love, or carpet or bedding — it could even be a great piece of art — and use that as a fun jumping off point," she advises.

As for colours, Feasby says many parents are also turning to bolder colours including faded black, medium and charcoal grays, chocolate brown, navy with added hits of yellow, orange or red, rather than the traditional pastel pinks and blues.

When it comes to which items to splurge on, Michelle Schmidt, who co-owns Richmond Hill Ont. baby boutique Belly Bumps and Babies with her husband Scott, says without a doubt, it's the crib.

Not only is the safety and comfort of your baby a huge factor, but Schmidt says many cribs these days, like the eco-friendly Oeuf ones she carries, convert into toddler beds, providing longevity for parents who want to invest in quality furniture.

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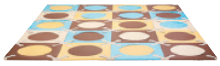

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**1 ANTHROPOLOGIE, $78-298**
Add a touch of fantasy to your little dreamer's room with this Dream Menagerie rug. anthropologie.com.

**2 POTTERY BARN KIDS, $115-149**
Made especially for toddlers learning to walk, these soft, cosy chairs add a grown-up element to a wee one's room. potterybarnkids.com.

**3 DWELL STUDIO, $360**
The Owls Sky Crib Set is just one of an array of whimsical designs to liven up any nursery. dwellstudio.com

**4 POTTERY BARN KIDS, $54-69**
Add a touch of old-school charm to your nursery with personalized stepping stools. potterybarnkids.com.

**6 PI ' LO, $54**
Add an ethereal element to your little angel's nursery with a handmade 11 x 14" canvas with stenciled words and sewn objects to hang beside the crib. pilo.ca.

**6 ANTHROPOLOGIE, $14**
Get your kids learning their ABC's with this Pinwale Alphabet in corduroy that can make economical wall art in any nursery. anthropologie.com

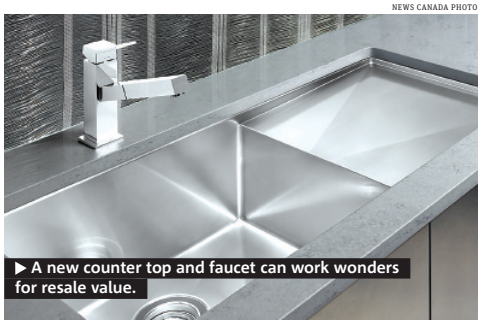
**7 SKIP HOP, $98**
Playspot interlocking foam tiles can be placed anywhere to create a safe (they're free of BPA, Phthalate and PVC) and soft floor surface for baby to play. Come in a variety of colours. skiphop.com.

**8 OEUF, $890**
Their classic crib's modern design is sturdy, safe and available in birch or walnut non-toxic water-based finishes. The best part: it converts into a toddler bed. nyc.com

**9 DWELL STUDIO, $124**
This playful elephant bookshelf in lemon makes reading all the more fun for little ones. dwellstudio.com.

# Upgrading your condo kitchen for resale

NEWS CANADA PHOTO



▶ A new counter top and faucet can work wonders for resale value.

If you're thinking of selling your condo, it may be time to look at a few simple but effective improvements for your kitchen that give it a lift and create a better first impression for potential buyers.

• If your counter top is laminate, consider either replacing it with a stone top or upgrading the overall look with a wood trim or edge. Ideally, switch to quartz or granite, which will help with resale and to achieve an overall high-end look. If you choose quartz — Silestone, Caesarstone, or Hanstone are among the brands available — there are many colours and patterns available, so it will be easy to match existing colours and cabinetry in your kitchen to the counter top. Natural granite counter tops can be more economical, so if you're selling this may be a better option.

• If you don't need to replace your counter top, you can glamorize the entire working area with a new sink and faucet. Whether you're selling or staying, go with a trustworthy brand for these products.

• Use materials with a high-gloss or shiny finish. This will freshen up a tired room and always looks new and clean.

For a selection of the faucets, premium stainless steel sinks, visit manufacturer Blanco at blancocanada.com. NEWS CANADA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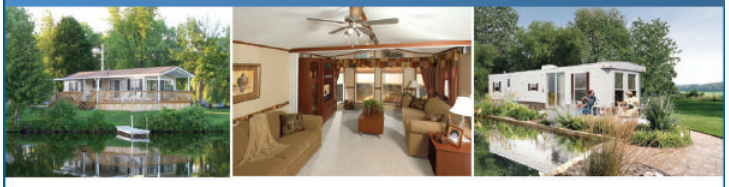

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Everyone has a favourite memory of spending summers at the cottage. The cottage experience is as Canadian as peameal bacon or real maple syrup and should be experienced by everyone at least once in their life.

So here I go looking into the options I have to share the cottage experiences I had with my children. What are the options and how can I afford them?

As I looked into cottages I found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after a long week at work would be great.

What I found is that cottages can be very expensive. My grandfather had told me the story of how each of his three brothers chipped in five thousand and they got a little place with an out house on Chandos Lake up near Apsley, Ontario. All I could find for twenty grand nowadays was a pop-up tent trailer that we would need to tow around to campgrounds. Camping wasn't going to be an option anyway as my wife's idea of roughing it was a hotel without room service. Although RV parks seemed like a good option, activities for the kids, secure in the off season, I just couldn't get the picture of trailer park boys out of my head.

The cottages I liked seemed to cost as much as my home if not more. The more I thought about cottage ownership the more I realized it would mean two houses to maintain and the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relaxing. I could afford a "Fractional Ownership" type cottage with maintenance fees. I could justify the fees as they do all the work, but one hundred thousand for something I could only use for 4 or 5 weeks wasn't the answer either, besides we can only play so many games of crazy eights before the kids would get bored.

Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a campground either. They call them "Resort Cottages" or "Park Model Homes". Just imagine a small cottage beautifully decorated for only $59,900 to $129,900 and if I wanted to start in something a bit smaller I could get into a perfectly comfortable vacation home for only $39,900.

It turns out that RV's (recreational vehicles) come in all shapes and sizes. The models come in one, two and three bedroom floor plans that sleep up to eight comfortably and come fully furnished. You can own one in a resort that has converted itself from a trailer park to a Park Model Resort. They are up scale properties that usually have plenty of activities for everyone from heated pools and kids clubs to recreation halls where they host events like wine and cheese parties or themed dances.

McCreary's Beach Resort on Mississippi Lake was the perfect spot for me and my family. Only 60 minutes from Ottawa with great fishing and loads of activities. McCreary's Beach is one of the best lake front properties I have come across and some of the best family resorts we have ever seen. They made owning a "Cottage" easy and cost effective...without a catch.

If you are in the market for a cottage or cottage alternative contact my friends at McCreary's Beach Resort,
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## ◐ Comfort food galore at Serious Cheese ◐ Don't forget the soups

## LUNCH RUSH

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This retail store is serious about cheese and offers a variety of comforting cheesy dishes for lunch every day from 11:00 a.m. to 3:00 p.m.

You can choose from two different soups, a few types of grilled cheese sandwiches and a couple of versions of mac and cheese. The mac and cheese comes in two sizes and after attempting to finish the 12 oz. serving, I would recommend trying the 8 oz. and enjoying a soup with it to reduce the richness.

The bacon in my mac and cheese added that perfect smoky flavour, but it could have been a little crisper. However, this bowl of comfort food did not disappoint. It was rich and creamy with a tasty blend of Gruyère and Gouda plus a hint of truffle.

A perfect grilled cheese with cheddar, Gouda and thick Black Forest ham rounded out my satisfying meal at this little lunch spot.

▶ **Serious Cheese**
**1189 Bank St.**
**(613) 422-6090**
**Rating: 4 ½ / 5**
**Price range: $**
**Time in: 12:24 p.m.**
**Time out: 12:55 p.m.**
**Low $: 8 oz Mac & Cheese ($4.50)**
**High $: Serious Ham & Cheese and small soup ($9.95)**

## Spicy Garlic Lemon Shrimp

▶ A tasty appetizer option.

Yields 6

### Ingredients :

- 1 tbsp (15 ml) olive oil
- 1 clove garlic, crushed
- 1/2 tsp (2 ml) dried crushed chili
- 1/2 tsp (2 ml) cumin
- 1/2 tsp (2 ml) paprika
- 1/2 lemon, juiced
- 1 tbsp (15 ml) chopped fresh parsley
- 1/2 tbsp (7 ml) sherry
- 12 jumbo tiger shrimp, peeled and deveined
- 6 bamboo skewers, soaked
- Salt and pepper, to taste

Easy and breezy! Tapas-style shrimp skewers will make an excellent addition to your summertime outdoor party menu.

### Preparation:

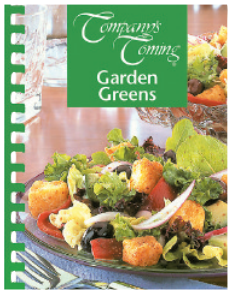
1. In a medium bowl, add oil, garlic, chili, cumin, paprika, lemon juice, parsley and sherry and mix to combine. Add shrimp to marinade and toss to coat. Cover and place in fridge for 30 minutes or up to one day.
2. Thread 2 shrimp onto each skewer and season with salt and pepper. Heat barbecue to high, then place shrimp skewers on the grill and cook for 2 to 3 minutes per side. Once fully cooked, remove shrimp skewers from heat and serve.

THE CANADIAN PRESS

# So many options for great salads

Ah, summertime and thoughts turn to the harvest and consumption of fresh produce. And what better way to enjoy a variety of seasonal items than in a salad.

Jean Pare, author of the prolific Company's Coming series, says the home cook has umpteen choices with salads, depending on how the ingredients are combined and styled. That is abundantly apparent in her cookbook Garden Greens.




Gone are the days when salads were a few pieces of limp iceberg lettuce garnished with tasteless tomato to wedges. Now, salads are fun, flavourful and versatile, Pare writes.

"You can arrange a salad, you can arrange it on the plates or put it on lettuce and arrange the different ingredients all around or drizzle a little dressing on top," Pare said in an interview from Edmonton.

"Or if you want to be really fancy you can make a layered salad. But to make it show up the best you need a glass bowl for it and you can see the layers."

A salad can even be a meal with the addition of meat, chicken, fish or beans, she suggests. "You just add some garlic bread or cheese bread or fresh biscuits to round it out."

She includes a section in the book for various hot and cold creations.

Pare says you can also put your greens in soup.

THE CANADIAN PRESS

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▶ Cranberry Brie Salad.

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4 sports

# Last Canadian knocked out

## Polansky falls short of second upset Canadian fans still waiting for homegrown Rogers Cup champ

Peter Polansky tried his best and gave them a thrill, but his best efforts still left Canadian tennis fans in the same position they have occupied for decades — waiting for a homegrown winner at their men's tennis championship.

The 22-year-old from Thornhill was the last Canadian left standing in the singles draw at the Rogers Cup, and he was eliminated at centre court yesterday. Polansky fell in straight sets to Romanian Victor Hanescu, losing 6-4, 7-6 at Rexall Centre.

"It's always a little something special to be the only Canadian that made it this far," Polansky said softly after his loss. "Even though I'm slightly disappointed today, it was still a very good tournament for me."

It has been more than 50 years since a Canadian won the title. Robert Bedard won the championship in 1958, which was his second straight win at the event. Canada does not have a player ranked in the top 100 on the ATP World Tour.

Polansky sat at No. 207 heading into the $2.43-million US event at York University — making him Canada's highest-ranked player — and he became a hometown favourite with a surprising first-round win. He's the first Canadian in seven years to beat a top 20 player at the Rogers Cup, upsetting Austrian Jurgen Melzer at centre court.

**11**
**Number of times the United States has won the event since 1975, the most of any country, followed by the Czech Republic (6), Sweden (3) and Spain (3).**

"Being on centre court with a lot of people obviously pumps you up a bit," Polansky said. "But I don't think it raised my level too much. I mean, I was playing well last week and the weeks before."

He played well enough to beat Hanescu, but struggled on his first serve and misfired on too many opportunities to record another upset. Hanescu had beaten Canadian Milos Raonic in the first round, and he will face Novak Djokovic in the next round.

"I had two wildcard players," Hanescu said. "So I can say it was a good draw for me, but in the same time, they played good tennis."

Four Canadians were granted wildcard berths into the main draw. Pierre-Ludovic Duclos and Frank Dancevic both lost on Tuesday.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Peter Polansky of Thornhill waves to the crowd after losing his second-round match.

### Up and down

**Diego Maradona**
The former Argentina coach has job offers from two clubs in Brazil and a national team in Europe, his assistant says.

**David Beckham**
The 35-year-old's record-setting England career appears to be over after coach Fabio Capello indicated yesterday the midfielder is too old.

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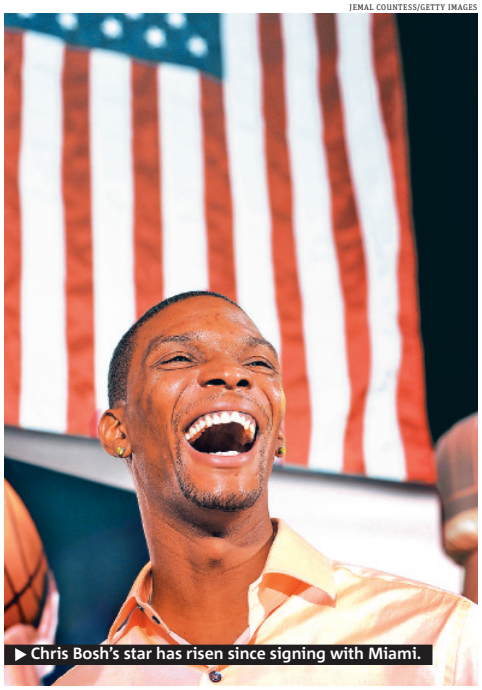


▶ Chris Bosh's star has risen since signing with Miami.

# U.S.A. embraces CB4

**Former Raptor admits his profile is higher since his signing with the Heat Says his skills weren't fully recognized when he played in Toronto**

Standing in front of his new milk moustache ad, a sure cultural sign of celebrity, Chris Bosh was asked if the opportunity came about after he signed with the Miami Heat.

"Yeah, of course," he replied, as if the answer should've been obvious.

So would it have happened had he stayed in Toronto?

"Uhhhhh," Bosh said, carefully pondering the question. "I would like to say yes, but you never know. It's a lot more likely that it would have came being there in the States, to be truthful. That's the unfortunate thing about sports sometimes."

The all-star forward entered free agency this summer, making clear he was seeking not only a chance to win but to raise his profile. Seven years with the Raptors sometimes felt as though he was playing on another planet.

"I feel that I'm one of the best power forwards in the league," Bosh told The Associated Press yesterday at an event in Manhattan with fellow Olympic gold medallists Apolo Anton Ohno and Shawn Johnson to reveal his new ad, "but I don't think that the exposure was there or the attention was there (in Toronto).

**"I just always wanted to be recognized as a good player."**
**CHRIS BOSH**

"Not to say that that's what I crave," he quickly added, then paused. "But the sports guy in me was like, 'Hey, wait a minute. What about me?'"

No more. Not after he thrust himself into the biggest sports story of the summer. Joining LeBron James and Dwyane Wade in Miami gets him frequently mentioned in the context of "the three superstars who signed with the Heat."

And he's hearing from a lot of companies that are suddenly interested.

"It's night and day," Bosh said.

Bosh embraced the free-agency frenzy, with frequent posts on his Twitter page. That wasn't much of a surprise, considering he once made a video of himself as a used car salesman pitching that he should start in the all-star game.

After all the recent attention, he often gets told by fans, "I didn't know you were funny. I didn't even know you had a personality." **THE ASSOCIATED PRESS**

# Pacers trade to fill void at point guard

The Indiana Pacers have acquired point guard Darren Collison and forward James Posey from New Orleans in a four-way trade that also includes New Jersey and Houston.

The Pacers also announced yesterday they have dealt Troy Murphy to the Nets, who sent guard Courtney Lee to Houston. To complete the trade, the Rockets shipped swingman Trevor Ariza to New Orleans.

Indiana was searching for a point guard since T.J. Ford fell out of favour last season with coach Jim O'Brien. The Pacers get a good young one in Collison, who played well when Chris Paul was injured. He averaged 12.4 points and 5.7 assists as a rookie last season, including 18.8 points and 9.1 assists in 37 starts.

"We're excited to add Darren to the strong core of young players already on our roster," Pacers president Larry Bird said in a statement. "He's a dynamic young point guard and we believe that he will be a key piece of our goal of building a team that the fans in Indiana deserve."

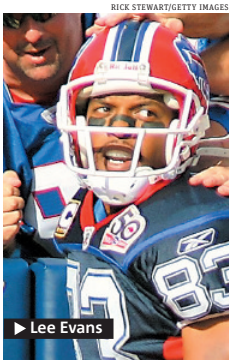
Murphy played in 262 games for the Pacers, with averages of 13.3 points and 9.2 rebounds per game.

"Troy is a terrific professional and has been a really good player and teammate during his time with us," Bird said. "Obviously, we wish him well and hope this works out for all of us."

The Nets get a good rebounder in the six-foot-11 Murphy, a New Jersey product who is an excellent outside shooter for his size. The former first-round pick from Notre Dame is a career 39 per cent shooter from three-point range.
**THE ASSOCIATED PRESS**

# Bills looking forward to burying 2009

RICK STEWART/GETTY IMAGES



▶ Lee Evans

Receiver Lee Evans can't look forward to the start of this preseason without recalling how dysfunctional the Buffalo Bills' offence was a year ago.

And dysfunctional might not be a strong enough word for Evans.

"It was all that and plus some," he said following practice this week at training camp. "It was pretty much as bad as it gets."

Evans is referring to a team that fired its offensive co-ordinator, Turk Schonert, and released its starting left tackle, Langston Walker, within 10 days of the start of the regular season. Then there was coach Dick Jauron's decision to scrap his no-huddle offence by Week 6 before he was fired a month later.

The turmoil and upheaval rendered immaterial the addition of receiver Terrell Owens, who left after completing his one-year contract, and led to the offence finishing 30th in the NFL in yards and 28th in points.

"We were fighting against ourselves just as much as we were fighting against other teams," Evans said. "What can you say? It's a new day, though. That's the good part about this."

The opportunity to start fresh begins tomorrow, when Buffalo opens its preseason at Washington. **THE ASSOCIATED PRESS**

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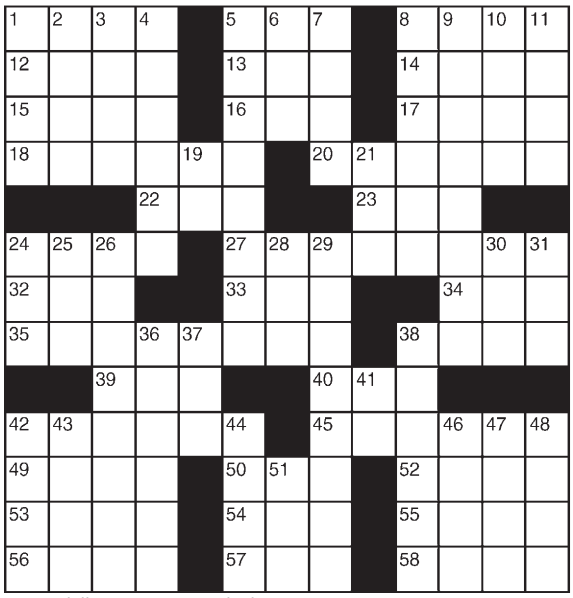
## Crossword

**Across**

1. Rum cake
5. Romaine's other name
8. "Hey, you!"
12. Unyielding
13. Hooter
14. Blue hue
15. Decree
16. Grazing area
17. Litter's littlest
18. Bluebeard's last wife
20. Face
22. Tuna container
23. Inmate
24. Cupid's alias
27. Relied (on)
32. Wire measure
33. Tokyo's old name
34. Mess up
35. Rainbow
38. Quarry
39. "Eureka!"
40. Piercing tool
42. Movie industry
45. Equine comments
49. Took the bus
50. Affirmative action?
52. Pennsylvania port
53. Basin accessory
54. Prior night
55. Astronaut Sally
56. Cautious
57. Simple card game
58. Dance move

**Down**

1. "Death of a Salesman" son
2. Met melody
3. Gravy vessel
4. Shenanigans
5. Sieve
6. Have bills
7. Serb or Bulgar
8. Clergyman
9. Waste
10. Crooned
11. London gallery
19. Mother
21. Lemieux milieu
24. Type measures
25. Tear
26. Poisonous shrub
28. School's Web suffix
29. Sachet
30. Prior to
31. Parched
36. Jovial
37. Highlander's hat
38. Electrician's tool
41. Lindbergh book
42. Squad
43. Davenport site
44. Over again
46. Sand
47. Stash
48. Leak slowly
51. Eggs



▶ Yesterday's answer

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | S | P | S | ■ | E | T | A | ■ | L | E | V | I |
| M | E | A | T | ■ | M | A | P | ■ | E | X | I | T |
| E | X | P | O | S | U | R | E | ■ | A | P | S | E |
| N | Y | A | L | A | ■ | ■ | R | E | D | E | E | M |
| ■ | ■ | ■ | E | G | G | S | ■ | L | S | D | ■ | ■ |
| M | I | E | N | ■ | A | L | G | A | ■ | I | O | N |
| P | O | X | ■ | S | P | A | I | N | ■ | T | W | O |
| H | U | P | ■ | K | E | Y | S | ■ | B | E | L | T |
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| C | R | A | Z | E | D | ■ | ■ | L | L | A | M | A |
| R | I | T | A | ■ | E | X | P | L | I | C | I | T |
| E | V | E | R | ■ | M | I | R | ■ | N | E | R | O |
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## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | 1 | | 3 | | | |
| | 3 | | | | | 1 | 4 | |
| 1 | 4 | | | | 7 | 9 | | |
| 6 | | 4 | 7 | | | | 8 | |
| | | | | 6 | | | | |
| | 9 | | | | 5 | 2 | | 3 |
| | | 9 | 8 | | | | 7 | 5 |
| | 5 | 7 | | | | | 2 | |
| | | | 5 | | 2 | 8 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 1 | 6 | 3 | 8 | 5 | 2 | 9 | 7 |
| 7 | 9 | 5 | 4 | 6 | 2 | 3 | 1 | 8 |
| 3 | 6 | 2 | 7 | 5 | 4 | 9 | 8 | 1 |
| 9 | 5 | 8 | 6 | 2 | 1 | 4 | 7 | 3 |
| 1 | 4 | 7 | 8 | 3 | 9 | 5 | 2 | 6 |
| 5 | 2 | 4 | 1 | 7 | 3 | 8 | 6 | 9 |
| 8 | 7 | 9 | 2 | 4 | 6 | 1 | 3 | 5 |

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*Todd, to the wonderful man I married 5 years ago happy anniversary to a lifetime of happiness, love and laughter. I love you,* **YOUR WIFE DIANE**

*"To my JUICEMAN!: Happy anniversay, you're the best boyfriend in the world! Thanks for making me laugh everyday.* **XOXO MONKEYTOES**

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TWN incorporates MSC data

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|---|---|---|
| Partly cloudy | Showers | Variable |
| 25° / 17° | 40% 25° / 19° | 26° / 21° |

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20**
Don't let people get away with statements which are clearly untrue. You can tell the difference between fact and fiction and you see it as your duty to point out errors.

**♉ Taurus April 21-May 21** You want to break into the big time but you don't want to break your back in the process. The good news is the planets are about to reveal a way you can move up painlessly.

**♊ Gemini May 22-June 21**
Other people will always make things difficult for you one way or the other, but you don't have to make things difficult for yourself. Whatever is the easiest route to your goal is the route you must take.

**♋ Cancer June 22-July 22** You may be having a pleasant time at the moment but some of the people you care for don't seem so lucky, so make it your business to cheer them up.

**♌ Leo July 23-Aug.23** The answer to a personal problem is really quite obvious but you seem determined not to see it. If a loved one tried to discuss the issue with you today don't put them off.

**♍ Virgo Aug. 24- Sept. 22**
Today's quite positive cosmic influences suggest that if you look at a dilemma with your eyes open and with a determination to deal with it once and for all you won't be in a tight spot for long. Is there an alternative?

**♎ Libra Sept. 23-Oct. 23** Saturn in your sign endows you with a winning combination of ambition and staying power. So what is the one thing you dream of achieve above all other things? It's possible for you right now.

**♏ Scorpio Oct. 24-Nov. 22** Is your glass half full or half empty? Is the situation you are confronted with an opportunity or a setback? How you choose to look at your life is how your life will be.

**♐ Sagittarius Nov. 23-Dec. 21** It may be frustrating that others aren't as forward-looking but that's just the way it is. The more cautious they are the more opportunities there will be for you.

**♑ Capricorn Dec. 22-Jan. 20**
You never like it when others challenge your authority and with your ruler Saturn moving through the career area of your chart you can expect to be challenged on a regular basis.

**♒ Aquarius Jan. 21-Feb. 18**
There is no copyright on ideas and if you think you might benefit from someone else's insight or inspiration then by all means go for it.

**♓ Pisces Feb. 19-March 20**
Your life has become much too cluttered of late. A clearout is needed. Get rid of everything – yes, everything – that does not fulfill a useful purpose in your life.

SALLY BROMPTON

AP PHOTO

## Caption contest

## You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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SLT-2 model shown††

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 6.1L/100KM • 46MPG CITY: 9.2L/100KM • 31MPG†

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE‡

### 2010 GMC SIERRA NEVADA EDITION EXT. CAB

MSRP $34,854

EMPLOYEE PRICING

**$25,041*** 

INCLUDES FREIGHT, PDI, FEES & $6,000 CASH CREDIT

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡

PLUS $1,500 IN CHROME ACCESSORIES ON US**

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 10.5L/100KM • 27MPG CITY: 15.3L/100KM • 18MPG†

**VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $599 for Dealer fees.*****

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**For the latest information, visit us at gmc.gm.ca, drop by your local Pontiac Buick GMC Dealer or call us at 1-800-GM-DRIVE.** *$14,000 Price Adjustment includes $8,000 manufacturer to dealer delivery credit (tax exclusive) and $6,291 employee price discount (tax exclusive) available on 2010 MY Silverado/Sierra HD 2500 for retail customers only. Other delivery credits available on most models. Employee price discount amount based on MSRP of $55,190 (excluding $1,350 license, insurance, registration fees, duties and taxes). Dealers are free to set individual prices. Any actual savings under the Employee Pricing Event program will vary depending on your dealer's prior selling prices. Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 9/3/10 at participating dealers in Canada (eligible vehicles: 2010/2011 MY Corvette ZR1, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Cruze, Equinox, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited time offer which may not be combined with other offers. See your dealer for complete details. Dealers may sell for less. Not all customers will qualify. Offers subject to change without notice. **$1,500 Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1500 (tax inclusive) ("PDO Truck") or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories to be installed on a non-PDO Truck from on-ground inventory. Dealer installation included. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ♥♥ To qualify for GM Canada's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.) or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months in B.C. GM Canada will provide eligible consumers with an additional $1,000 (tax inclusive) to be used towards the purchase/lease of a new eligible 2010 or 2011 MY vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo, Cobalt LS, Colorado 2WD, Corvette ZR1 and Medium Duty Trucks, 2010 MY Chevrolet Cobalt and 2010 MY Buick Regal, Chevrolet Cruze and Cadillac CTS-Coupe, in an amount equal to the lesser of $1,000 or the amount of the consumer's trade-in allowance, provided the consumer takes delivery between June 30, 2010 and September 30, 2010 from a participating dealer. Consumer must be eligible for a $1,000 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca. ††Factory order or dealer trade may be required. ΔΔ2010 GMC Terrain FWD. 2010 GMC Acadia FWD. 2010 GMC Sierra 4WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. 2010 GMC Sierra 2WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. Fuel efficiency and competitive fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. †US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 GMC Terrain and 2010 GMC Acadia received both a 5-star rating for the driver and front passenger in the Frontal Crash test and for front and rear seat occupants in the Side-Impact Crash test. Side-impact Crash test rating is for a model tested with standard head-curtain side-impact air bags. 2010 GMC Sierra received a 5-star rating for the driver and front passenger in the Frontal Crash test and for front and rear seat occupants in the Side-Impact Crash test. Rollover ratings based on dynamic testing or electronic stability control. Not all vehicles are tested. Visit www.safercar.gov for more information. ‡$2,000 GM Card Max. Redemption Allowance is for new or demonstrator 2010 MY Silverado/Sierra Light Duty Extended and Crew Cab, C/K Models 1SF, 1SB, 1SD (excludes hybrids) delivered after May 1, 2010, while supplies last at participating dealers in Canada. Dealer offer or trade may be required. Eligible customers receive either: (a) a pre-installed Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1500 (tax inclusive) ("PDO Truck") or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories to be installed on a non-PDO Truck from on-ground inventory. Dealer installation included. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ♥♥ To qualify for GM Canada's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.) or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months in B.C. GM Canada will provide eligible consumers with an additional $1,000 (tax inclusive) to be used towards the purchase/lease of a new eligible 2010 or 2011 MY vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo, Cobalt LS, Colorado 2WD, Corvette ZR1 and Medium Duty Trucks, 2010 MY Chevrolet Cobalt and 2010 MY Buick Regal, Chevrolet Cruze and Cadillac CTS-Coupe, in an amount equal to the lesser of $1,000 or the amount of the consumer's trade-in allowance, provided the consumer takes delivery between June 30, 2010 and September 30, 2010 from a participating dealer. Consumer must be eligible for a $1,000 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca. ††Factory order or dealer trade may be required. 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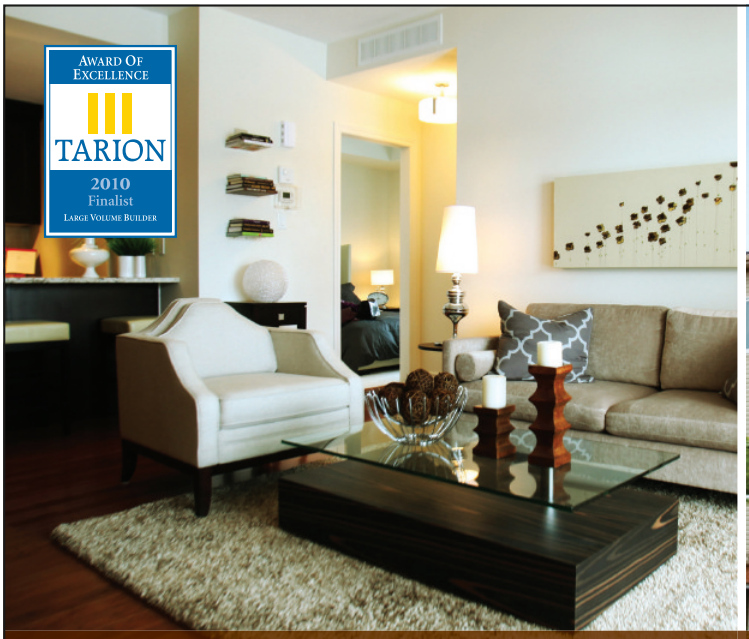

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